

## Clinical Psychological Service Branch(CPSB)

The CPSB of the Social Welfare Department(SWD) provides early psychological intervention, consultation, psychological assessment and treatment to people who have experienced critical incidents.

People seeking services from the CPSB would be referred through the Integrated family Service Centres of the SWD.

SWD hotline: 2343 2255

SWD Website: <http://www.info.gov.hk/swd>

## Integrated Family ServiceCentres

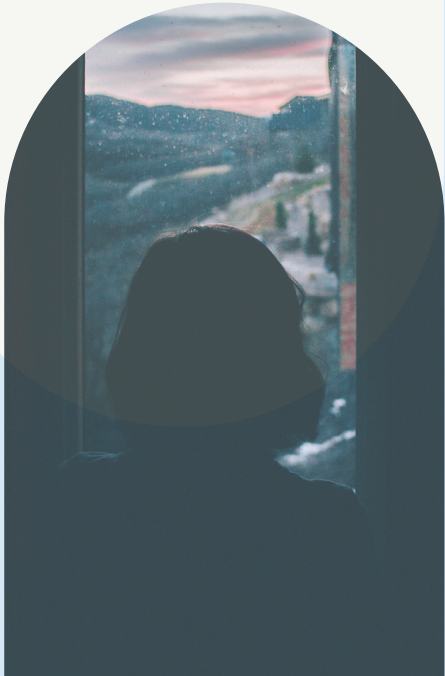


Separation and loss  
arising from  
traumatic events:








Handing of  
loss and grief

Clinical Psychology Service Branch

**When someone you know passed away in an accident or a traumatic event, you might experience a certain extent of emotional reactions or be affected by this sudden bad news regardless of how close you are with the deceased.**



### These reactions include:

-  Feeling shocked, incredulous, or confused, being dazed and at a loss
-  Feeling sad and heavy-hearted
-  Having physical tension and discomfort, e.g. tightness in chest, headache, stomach pain, poor appetite, and insomnia
-  Having recurrent memories related to the deceased (e.g., how you met the deceased or your conversations), and feeling sorrowful or guilty (e.g. grief of not having the chance to say goodbye, or regretting over not treating the deceased better while he/she was alive)
-  Feeling anxious, unsettled, perceiving the world as no longer safe, things are out of control
-  Memories of your own traumatic experience being triggered, such as accidents or deaths of family members
-  Fear of death, sudden realisation that death is close by

### How to help yourself?

At such times, you may try the following ways to help yourself:

-  1. Be reassured that these reactions are normal and common. Having emotions is not a sign of weakness.
-  2. Allow yourself to experience emotions of sadness, shock, anxiety, confusion, etc. You may express your feelings by sharing with someone you trust.
-  3. Take good care of yourself. Keep a daily routine with a suitable amount of physical exercise and social activities.
-  4. Bid farewell to the deceased in appropriate ways, e.g. attending the funeral and giving consolation to his/her family members.
-  5. Re-prioritise your life values. With the realisation that life is not completely under your control, try to live each moment fully and cherish those around you.

### Seek assistance

Different people may react differently to the sudden death of someone they know. How close you are with the deceased would affect the intensity of your reactions. The impact will gradually subside for most people. If the distress persists and disrupts your daily life, you may seek professional help.

